

NUTRIENT STANDARD MENU PLANNING SYSTEM

Under Nutrient Standard Menu Planning (NSMP/NuMenus), meals are defined in the terms of menu items.

Menu Item: Any single food or combination of foods. In NSLP, meals are required to have three menu items for lunch and for breakfast. There are three categories:



Entree: A combination of foods or a single food item that is offered as the main course.

Milk: Fluid, as a beverage. Must be offered, but no amount is required. Must offer a variety.

Side Dishes: Any other menu item offered is considered a side dish unless it is a condiment.

Condiments: Are not menu items. Condiments are additions to the meal. Condiments play a part in the overall nutrient analysis, but are not considered menu items.

There may be many choices offered to students within a menu item category.

Under Offer versus Serve (OVS), students are allowed to take less than the planned portions of the otherwise **declined** menu items. The required menu items taken by students **must** be a full serving.

The decision to decline the allowed number of menu items or to accept smaller portions of otherwise declined menu items does not affect the charge for the meal.

The menu planner establishes what constitutes a “serving” for each menu item.

OVS reduces plate waste and makes the meal more acceptable to the student. When students have choices, it encourages them to choose a meal that is more specific to their preferences.

Offer versus Serve for NSMP Lunch

National School Lunch Program Offer versus Serve for NSMP

- ✕ Minimum of three menu items must be offered.
- ✕ If three menu items are offered, student may decline one item.
- ✕ If more than three items are offered, student may decline no more than two.
- ✕ Entree must be selected.

Students must be **offered** at least three menu items. **One menu item must be an entree and one must be fluid milk.** Double portions of the same menu item cannot count as two menu items. **Students must select the entree in order to have a reimbursable lunch.**

OVS is required at the senior high level, but is optional in elementary/ junior/middle schools.

If **three** menu items are offered only **one** can be declined. If **more than three** menu items are offered for a single reimbursable lunch, students may decline a maximum of **two** menu items. For example, if five menu items are offered, a student must select three of the five menu items. In all cases, one of the items must be the entree.





Students may be offered **choices** of entrees or side dishes (see page 46). The menu must clearly indicate what the choices are and how many menu items the student must select.

NSMP Reimbursable Meals Exercise

LUNCH

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
Monday Roast Beef Sandwich (E) Celery Sticks French Fries Rice Pudding Skim Milk		Roast Beef Sandwich French Fries 	
Tuesday Taco w/Lettuce&Tomato (E) Fruit Cocktail Potato Rounds Low-Fat Milk		Taco w/Lettuce & Tomato 	
Wednesday Chicken Nuggets (E) Tossed Salad Corn Dinner Roll Whole Milk		Tossed Salad Dinner Roll 	

(E) Designated entree

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
Thursday Chicken Enchilada (E) Cheddar Cheese Nachos Skim Milk		Chicken Enchilada Cheddar Cheese Nachos 	
Friday Hamburger on Bun (E) Lettuce Leaf & Tomato Slice Apple Milk		Hamburger on Bun Apple 	
		Hamburger Patty Milk Chocolate Milk 	
		Hamburger Patty Lettuce Leaf Apple 	

(E) Designated entree

Answers to Lunch NSMP Reimbursable Meals Exercise

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
Monday Roast Beef Sandwich (E) Celery Sticks French Fries Rice Pudding Skim Milk	Complete.	Roast Beef Sandwich French Fries	No. This is not a reimbursable meal because the student only selected two of the five menu items offered. The student can decline only two items from this meal.
Tuesday Taco w/Lettuce&Tomato (E) Fruit Cocktail Potato Rounds Low-Fat Milk	Complete.	Taco w/Lettuce & Tomato	No. This is not a reimbursable meal because four items were offered and only two menu items can be declined from this meal.
Wednesday Chicken Nuggets (E) Tossed Salad Corn Dinner Roll Whole Milk	Complete.	Tossed Salad Dinner Roll	No. This meal is not reimbursable because five items were offered and only two were selected. Only two menu items can be declined from this menu. Also, the entree must be one of the menu items selected.

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
Thursday Chicken Enchilada (E) Cheddar Cheese Nachos Skim Milk	Complete.	Chicken Enchilada Cheddar Cheese Nachos	Yes. It is reimbursable because the student selected two of the three items offered, including the entree.
Friday Hamburger on Bun (E) Lettuce Leaf & Tomato Slice Apple Milk	Complete.	Hamburger on Bun Apple	Yes. Two of the four items were selected. (Hamburger on bun is the entree and counted as one item.)
		Hamburger Patty Milk Chocolate Milk	No. This lunch contains only two menu items. A second portion of any menu item (such as the milk) does not count towards a reimbursable meal. Student has not selected a full entree.
		Hamburger Patty Lettuce Leaf Apple	No. Both the lettuce leaf and tomato slice together make one item. The lettuce leaf by itself is not a full menu item. The student must select the tomato slice with the lettuce leaf to fulfill the menu item or select another full menu item. Student has not selected a full entree.

(E) Designated entree

Breakfast




School Breakfast Program Offer versus Serve for NSLP

- ☞ Optional for all grades at breakfast.
- ☞ Minimum of three menu items.
- ☞ Only one item can be declined.
- ☞ There is no entree defined for breakfast.

Students must be offered at least three menu items. Double portions of the same menu item cannot be counted as two menu items. Students must select **at least two menu items**. If **more than three menu items** are offered, a student may decline only one item. There is no requirement for an entree in breakfast; however, milk must be offered.

NSMP Reimbursable Meals Exercise

Breakfast

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
Assorted Cereal Toast and Jam Orange Juice Milk		Toast and Jam Milk 	
Cheese and Egg Quesadilla Salsa Applesauce Milk		Cheese and Egg Quesadilla Salsa Milk 	
Open Faced Cheese Sandwich Pineapple Chunks Milk		Pineapple Chunks Milk 	

Answers to Breakfast NSMP Reimbursable Meals Exercise

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
Assorted Cereal Toast and Jam Orange Juice Milk	Complete.	Toast and Jam Milk	No. This meal is not reimbursable because four menu items were offered and a minimum of three must be selected. (Only two were selected.)
Cheese and Egg Quesadilla Salsa Applesauce Milk	Complete.	Cheese and Egg Quesadilla Salsa Milk	Yes. It is reimbursable because the student selected three of the four menu items offered.
Open Faced Cheese Sandwich Pineapple Chunks Milk	Complete.	Pineapple Chunks Milk	Yes. It is reimbursable because the student selected two of the three menu items offered.

NSMP

NEED
TO
KNOW

Lunch must contain:

- _ Entree
- _ Fluid Milk
- _ At Least One Side Dish

Students must take the **entree**

Offer versus Serve

- _ Offer three, take two
- _ Offer four, five, or more,
student may decline two



Breakfast must contain:

- _ Fluid Milk
- _ Two or More Other Menu Items

Offer versus Serve

- _ Offer three, take two
- _ Offer four, five, or more,
student may decline one

Need to Know: What are the amounts served for today?
 How many items must be taken today?
 What is the entree? (for lunch only)

NSMP

Offer versus Serve - Lunch

Always offer at least three menu items

1 Entree

1 Milk

1 Side Dish

	Example 3 Menu Items	Example 4 Menu Items	Example 5 Menu Items	Example 6 Menu Items
<u>Entree</u> (Student must select one) Hamburger on a bun with french fries Spaghetti with tomato sauce Bean burrito with cheese	1 must select	1 must select	1 must select	1 must select
<u>Milk</u> (student may select one) Skim chocolate 2% unflavored	1	1	1	1
<u>Side(s)</u> (menu planner determines number student may select) Corn, Peas, Orange slices. Pineapple tidbits. Seasoned broccoli. Garlic bread. Raisin cookie. Side salad with dressing	may select 1	may select up to 2	may select up to 3	may select up to 4
The maximum number of items a student may select for the unit price	3 items	4 items	5 items	6 items
The minimum number of items a student must select under Offer versus Serve	2	2	3	4
May decline up to	1	2	2	2

How to Handle Choices under NSMP (NuMenus)
Offer versus Serve - Lunch
Menu Board
Choices within Side Dish Category

	Example 7 Menu Items
1) <u>Entree</u> Choice of one: <ul style="list-style-type: none"> • Hamburger on a bun - OR - • Spaghetti with tomato sauce - OR - • Bean burrito with cheese 	1 must select
2) <u>Milk</u> Choice of one: <ul style="list-style-type: none"> • Skim chocolate - OR - • 2% unflavored 	1
3) <u>Side(s)</u> Choice of 5: Vegetable/Fruit <ul style="list-style-type: none"> • Corn • Side salad w/ dressing «Choose Three» • Pineapple tidbits • Orange juice Bread <ul style="list-style-type: none"> • Garlic bread • Raisin cookie «Choose Two» • Ginger snaps 	5
The maximum number of items a student may select for the unit price	7
The minimum number of items a student must select under Offer versus Serve	5
May decline up to	2

NuMenus
Offer versus Serve - Lunch
Food Bar/Choice Bar Example
 Always offer at least three menu items

<u>Example 1</u>	Example 3 Menu Items
Menu item 1) Entree (student must select one) Hamburger on a bun with french fries - OR - Spaghetti with tomato sauce - OR - Bean burrito with cheese	1 must select
2) Milk (student may select one) Skim chocolate - OR - 2% unflavored	1
3) Food Bar/Salad Bar (student may select all) Corn, peas, orange slices, pineapple tidbits, seasoned broccoli, garlic bread, raisin cookie side salad with dressing	1
The maximum number of items a student may select for the unit price	3 menu items
The minimum number of items a student must select under Offer versus Serve	2 menu items
May decline up to	1 menu item

NOTE: Salad bar is defined as side dish in this example.

Salad Bar Choices Example

	Example 4 Menu Items
1) Select One or More <input type="checkbox"/> Egg Salad <input type="checkbox"/> 3-Bean Salad <input type="checkbox"/> Diced Ham & Cheese <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Macaroni Salad	1 must select
2) Select One or More <input type="checkbox"/> Lettuce <input type="checkbox"/> Spinach <input type="checkbox"/> Tomatoes <input type="checkbox"/> Onions <input type="checkbox"/> Sliced Cucumbers <input type="checkbox"/> Watermelon Wedge <input type="checkbox"/> Pineapple Tidbits	1
3) Select One or More <input type="checkbox"/> Crackers <input type="checkbox"/> Croutons <input type="checkbox"/> Roll	1
4) Select One <input type="checkbox"/> Nonfat Milk <input type="checkbox"/> 1% Lowfat Milk <input type="checkbox"/> 1% Chocolate Milk <input type="checkbox"/> Whole Milk	1
The maximum number of items a student may select for the unit price	4 menu items
The minimum number of items a student must select under Offer versus Serve	2 menu items
May decline up to	2 menu items

NSMP Exercise

1. The goals of the OVS program are to:

- a. _____ plate waste.
- b. _____ food choices.

2. Rules of the OVS “game” are:

- a. All _____ items must be offered to all students.
- b. The serving sizes are determined by the _____.
- c. The _____ must be priced as a unit.
- d. Students may not decline the _____ at lunch.
- e. Students may decline only _____ menu item at breakfast no matter how many menu items are offered.
(number)
- f. Students may decline only _____ menu item at lunch if three items are offered.
(number)
- g. Students may decline a maximum of two menu items at lunch if _____ or more menu items are offered.
(number)

3. OVS is _____ in grades below the senior high level.

4. The minimum lunch menu items are:

- a.
- b.
- c.

5. The minimum breakfast menu items are:

- a.
- b. Two

6. In NSMP, the average nutrients offered over a one _____ period must meet the nutrient standards.

Answers to NSMP Exercise

1. The goals of the OVS program are to:
 - a.. Minimize plate waste.
 - b. Encourage more food choices.
2. Rules of the OVS “game”
 - a.. All menu items must be offered to all students.
 - b. The serving sizes are determined by the menu planner.
 - c. The meal must be priced as a unit.
 - d. Students may not decline the entree at lunch.
 - e. Students may decline only one menu item at breakfast no matter how many menu items are offered.
 - f. Students may decline only one menu item at lunch if three items are offered.
 - g. Students may decline a maximum of two menu items at lunch if four or more menu items are offered.
3. OVS is optional in grades below the senior high level.
4. The minimum lunch menu items are:
 - a. Entree
 - b. Milk
 - c. Side Dish
5. The minimum breakfast menu items are:
 - a. Milk
 - b. Two Side Dishes
6. In NSMP, the average nutrients offered over a one week period must meet the nutrient standards.

Meal Requirements for NSMP (NuMenus) and ANSMP (Assisted NuMenus): Lunch and Breakfast

	Daily Requirement	Weekly Requirement
Lunch	<u>Minimum</u> of three (3) Menu Items: <ul style="list-style-type: none"> – Entree - a combination of foods or a single food item that is served as the main course – Fluid milk - as a beverage – Side dish - any other menu item that is not a condiment or a Food of Minimal Nutritional Value served alone, that is, not served as part of another item 	When averaged over a school week, meals must meet the appropriate age/grade-based Nutrient Standard.
Breakfast	<u>Minimum</u> of three (3) Menu Items: <ul style="list-style-type: none"> – Fluid milk - served as a beverage or on cereal or both – 2 Side dishes - two other menu items that are not a condiment or a Food of Minimal Nutritional Value served alone, that is, not served as part of another menu item 	When averaged over a school week, meals must meet the appropriate age/grade-based Nutrient Standard.

**Nutrient Standard Menu Planning -
BREAKFAST OFFER VERSUS SERVE LETTER
Sample Letter to Students to Explain Offer versus Serve for Breakfast**

Dear Student:

You have the opportunity to choose only those foods which you intend to eat in the School Breakfast Program. This feature of the National School Breakfast Program is designed to reduce food waste and give you the opportunity to select the foods which you want to eat.

Each day you will be offered the complete breakfast which includes a serving of:

1. Milk
2. Two or more other menu items

A school breakfast provides approximately one-fourth of your daily nutritional needs. You may select a full meal, or decline certain items. However, the fewer menu items you take and eat, the less nutrition benefit you receive. The price per meal remains the same whether you select the minimum number of items or the full meal.

Students must select at least two menu items when three are offered. If four or more items are offered, students may decline only one item. There is no requirement for which items must be selected at breakfast. For example, if the menu is:

Orange Juice
Cold Cereal
Whole Wheat Toast
Milk

A reimbursable breakfast could be:

Orange Juice
Cold Cereal
Milk

Cold Cereal
Whole Wheat Toast
Milk

Orange Juice
Whole Wheat Toast
Milk

Orange Juice
Cold Cereal
Whole Wheat Toast

In your selection you must take **different** items. For instance, you could not take two servings of cereal and count that as two items. The cereal only counts as one item whether you select one serving or a dozen.

Check the menu daily so you will know which items in the school breakfast you want to eat. Through your careful selection of only those foods you wish to eat, you will be helping to conserve both food and money, two valuable resources. Enjoy your breakfast!!

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Nutrient Standard Menu Planning
LUNCH OFFER VERSUS SERVE LETTER
Sample Letter to Students to Explain Offer versus Serve for Lunch

Dear Student:

You have the opportunity to choose only those foods which you intend to eat in the School Lunch Program. This feature of the National School Lunch Program is designed to reduce food waste and give you the opportunity to select the foods which you want to eat. Each day you will be offered the complete lunch which includes:

1. Entree
2. Milk
3. One or More Other Menu Items

A school lunch provides approximately one-third of your daily nutritional needs. You may select the full meal or decline certain menu items. However, the fewer menu items you take and eat, the less nutrition benefit you receive. The price per meal remains the same whether you select the minimum number of items or the full meal.

Students must select at least two of the menu items, and one of these must be the entree. An entree is defined as a “combination of foods or a single food item that is offered as the main course.” if the school offers more than three menu items for a single reimbursable lunch, student may decline a maximum of two menu items. For example, if the menu is:

Hamburger on a Bun
Tossed Salad
Corn
Chocolate Pudding
Milk

You could take all five items (hamburger on a bun, tossed salad, corn, milk and chocolate pudding) or you could select full portions of the entree and two or three other menu items. The sample selections below are reimbursable lunches.

Hamburger on a Bun
Milk
Pudding

Hamburger on a Bun
Tossed Salad
Corn

Hamburger on a Bun
Corn
Milk

Hamburger on a Bun
Salad
Corn
Pudding

Hamburger on a Bun
Corn
Milk
Pudding

Hamburger on a Bun
Tossed Salad
Milk
Pudding

There are several other combinations of three or four, but the above items will probably be the most frequently chosen. In your selection, you must take three or four **different** items. For instance, you could not take two hamburgers and count that as two items. The hamburger only counts as one item whether you select one or a dozen.

Check the menu daily so you will know which items in the school lunch you want to eat. Through your careful selection of only those foods you wish to eat, you will be helping to conserve both food and money, two valuable resources. Enjoy your lunch!!

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